



Statistics Report 35011, Whale, beluga, meat, raw (Alaska Native)

Report Date: July 16, 2017 08:16 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca ¹	mg	7	1	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	04/2006
Iron, Fe ¹	mg	25.90	1	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	04/2006
Magnesium, Mg	mg	22	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Phosphorus, P ¹	mg	239	1	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	04/2006
Potassium, K	mg	283	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Sodium, Na	mg	78	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Zinc, Zn	mg	2.76	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Copper, Cu	mg	0.113	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Manganese, Mn	mg	0.046	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Selenium, Se	µg	36.5	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Thiamin	mg	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Riboflavin	mg	0.184	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Niacin	mg	5.386	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Pantothenic acid	mg	0.595	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Vitamin B-6	mg	0.046	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Folate, food	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Folate, DFE	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	35014	07/2006
Choline, total	mg	35.1	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Betaine	mg	13.8	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Vitamin B-12	µg	2.59	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	µg	102	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Retinol	µg	102	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU	IU	340	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Tocopherol, beta	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Tocopherol, gamma	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Tocopherol, delta	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Lipids													
Fatty acids, total saturated	g	0.092	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
12:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
14:0	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
15:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
16:0	g	0.052	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
17:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
18:0	g	0.015	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
20:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
22:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Fatty acids, total monounsaturated	g	0.337	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
14:1	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
15:1	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
16:1 undifferentiated	g	0.120	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
17:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
18:1 undifferentiated	g	0.147	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
20:1	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
22:1 undifferentiated	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Fatty acids, total polyunsaturated	g	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
18:2 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
18:3 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
18:4	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
20:2 n-6 c,c	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
20:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
20:4 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
20:5 n-3 (EPA)	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
21:5	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
22:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
22:5 n-3 (DPA)	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
22:6 n-3 (DHA)	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	35014	04/2006
Cholesterol ¹	mg	80	1	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	04/2006
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Sources of Data¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993